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PUTTING IN THE KEG WORK

Calgary mom injects a little estrogen into strongman competitions

metroNEWS

Jennifer Storm is one of four local women training in the sport. AARON CHATHA/METRO

Province nears Green Line call

TRANSIT

We're 'looking at' but not yet committing to $1.5B: Minister

Helen Pike
Metro | Calgary

Calgary could have an answer on funding for the proposed Green Line by the end of the summer, as the province has a better idea of the project's massive scope.

This comes on the heels of a council decision to go ahead with the first stage of the Green Line. The $4.6-billion plan will see track run from a maintenance facility in Shepard to 16th Avenue NW — a distance of just 20 kilometres instead of the original 40-kilometre vision for the entire project.

Officials are already crunching numbers on how to complete the next stages of the line. Councillors hope the southeast portion could be constructed at the same time as the first phase, while Mayor Naheed Nenshi has said the north portion will likely be finished on schedule by 2028 or 2029.

"We know that the federal government has contributed up to $1.5 billion, and I don't think they're prepared to go more than that," said Alberta Transportation Minister Brian Mason. "So that's a number we're looking at, too."

When asked if that meant the provincial government was prepared to contribute one third of the project cost, like the other orders of government, Mason clarified.

"I'm not prepared to say that we're going to match it," said Mason. "We're not fixed on any numbers at this stage; that's what I meant to say."

The city and federal government have each promised $1.5 billion for the Green Line's construction. Calgary's portion will be financed over 30 years, while the federal portion will come over 11 years.

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Justin Bieber, Miley Cyrus, Coldplay and others to join Ariana Grande at Manchester concert. **World**

> **The number one thing that tends to doom businesses is they don't have those social support systems.**
> John Willam Wade

This rendering shows what the space will look like after renos are complete. PCOURTESY INTERNATIONAL AVENUE BRZ

Sharing space and ideas

INNOVATION

Entrepreneurs, artists invited to join the new Innovation Hub

Brodie Thomas
Metro | Calgary

The International Avenue BRZ is getting some new digs, and they're inviting 30 of the community's up-and-coming entrepreneurs and artists to join them.

The Emerge Co-work Innovation Hub will provide working space and resources such as printing and business counselling to the businesses and groups that set up shop in the building.

Most importantly, the BRZ is hoping it will create synergy for the participants as they come together in a single workspace and network, according to BRZ executive director Alison Karim-McSwiney.

"The connections we have as a BRZ — hopefully we can connect them with the people and businesses around here," she said.

The idea came in part from the co-work spaces that have become popular in San Francisco. Karim-McSwiney took a tour of five such spaces, and the best ideas from those models will be incorporated into International Avenue's plan.

The space, which is still under renovation, will be at 3515 17 Ave. SE, above Tomoka Coffee.

Karim-McSwiney said there will be room for 30 participants. Entrepreneurs, businesses, artists, makers and social innovators will all be welcome to reserve a spot for $125 a month.

What they get in return is a desk space, access to a boardroom, private phone booths, scanning and printing services — and potentially even a health-benefits program.

The other major resource will be advice from business development partners such as Thrive, Momentum and the Alberta Community Cooperative Association, not to mention the BRZ.

John Willam Wade, secretary of the board of directors for the BRZ, said the co-work space will really act as an incubator for the businesses that will eventually set up shop along 17 Avenue SE.

"The No.1 thing that tends to doom businesses is they don't have those social support systems," he said.

Karim-McSwiney said International Avenue has a proud tradition of being ground zero for new Canadians who launch their own business.

In addition to the 425 storefronts on International Avenue, she said they know of 500 home-based businesses in the greater Forest Lawn area.

She thinks many of those home-based business will benefit by coming on board.

"We want to connect people together and help them streamline, to make their businesses more profitable," she said.

DEERFOOT TRAIL

First responders assaulted

Helen Pike
Metro | Calgary

Police have laid assault charges against a man after first responders were injured while responding to a crash on Deerfoot Trail Monday.

Police say the man was driving a 2006 Acura MDX northbound, and his car was seen leaving the road from the left lane into the median several times.

The car was then involved in a serious multi-vehicle incident between 17 Avenue SE and Memorial Drive.

According to police, responding officers were checking the crash victims when a witness told them that paramedics were struggling with the driver of the Acura MDX.

EMS and firefighters were allegedly assaulted while grappling with the man.

Then, another paramedic continued to struggle with the man before police converged on the scene.

Three officers used conducted energy weapons (CEWs) several times to stop the assault on frontline workers.

That's when it's believed that one of the medics grazed the wires of one of the CEWs, resulting in a small shock.

CPS was able to remove the suspect from the vehicle during the melee and paramedics sedated him.

Kent Douglas Wilson, 52, has been charged with assault, assault causing bodily harm, assault against a peace officer and resisting arrest.

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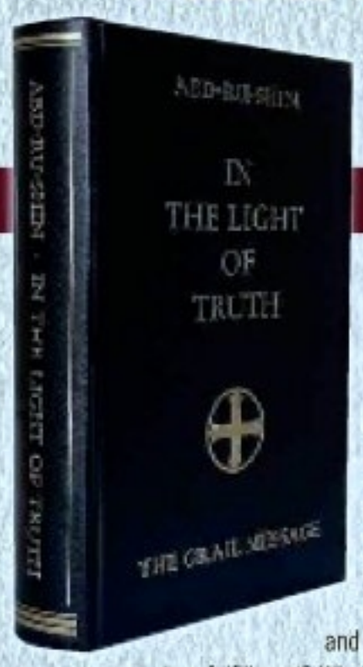

In the Light of Truth
THE GRAIL MESSAGE

For all of us, our pursuits are driven by the need to attain to some fulfillment, regardless of whether we define it in material or spiritual terms. For some, it is the attainment of some earthly goal, financial security, relationship status, or social or political aspirations. For others, their quest goes beyond what is solely material. But, even upon attainment of some of these goals, many still find themselves longing for something more. Something yet undefined and unquenchable. What is it that we seek that can lead finally to a sense of true fulfillment? What is it that can truly and finally fulfill us? How can we attain to this sense of true fulfillment? The speaker, drawing insights from the work "In the Light of Truth", the Grail Message, will share a perspective that may lead to the recognition of a path to the attainment of this longed-for fulfillment.

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Mosquito larvae has been seen in higher numbers by the City of Calgary this year — prompting them to do their first mosquito treatment early. WIKIMEDIA COMMONS

Is it early mosquito season? No problem

PEST CONTROL

City says first treatment has yielded positive results

Lucie Edwardson
Metro | Calgary

Mosquito season has come to Calgary early — but city officials think they've got things under control.

Lincoln Julie, habitat management superintendent of Calgary parks, said due to high numbers of larvae documented by the city, they did their first mosquito treatment three weeks ago — two weeks earlier than usual.

"We monitor a lot of wetland areas around the city and we typically start to monitor these areas when things start to melt and we can actually get dips in the water and what we do is we count larvae in the water," he said. "When we hit a certain number we consider that above threshold and at that point we decide to go and treat."

Julie said thawing of a fair amount of snow pack and early rains coupled with some warm temperatures made the wetlands active and the city saw mosquito larvae numbers climb, but following their first mosquito treatment things are looking under control.

Following the treatment — which is done by dropping cornstarch pellets filled with something called Bacillus thuringiensis from a helicopter — Julie said they use traps to count numbers of adult mosquitos.

"If there's a large number still then we think that maybe we weren't that successful and our timing was off a little bit," he said. "But right now we aren't seeing a large number of adults of any sex."

Still, Julie said there is a higher number of a habitats than normal as there are still wet areas, so the city plans on doing a second mosquito treatment in June or early July.

Julie said reduce standing water — like water left in eavestroughs or other areas — and keep your lawn trimmed to reduce mosquitos.

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City narrows down its overpass options

INFRASTRUCTURE

Funding for Richmond may be determined in 2018 budget

Brodie Thomas
Metro | Calgary

How Richmond Road overpass might appear from the north, looking south towards Glenmore Trail. COURTESY CITY OF CALGARY

City officials are rolling out their final recommendation for an overpass at the Sarcee Trail-Richmond Road interchange at meetings this week.

After beginning with three options, staff have narrowed it down to a final choice — although they're now seeking feedback to refine the final design.

"None of these (three) concepts stood out to be a winner, they all had some pros and cons," said Viola Forrester, transportation engineer with the city.

She said previous consultation found that this final option met all the technical criteria, and best meets the needs of pedestrians.

The plan would have an overpass for Richmond Road, allowing traffic to flow freely along Sarcee Trail underneath. It would also eliminate one set of lights along Richmond, and reduce the entrance options to London Place West Shopping Centre and the Signal Hill Shopping centre as grades are changed and ramps are added.

The study will wrap up late this year, and Forrester hopes to have the final recommended plan ready to present to council in early 2018.

The timing for that is important, because the city wants to make sure the project is available to get on the budget priority list.

Area Coun. Richard Pootmans said that timeline speaks to the importance of getting this built.

"It's certainly connected to the Southwest Ring Road work," said Pootmans. "I believe it's really a question of what's the priority and what's the sequence with which this overpass gets built."

The city is holding information sessions at Glamorgan Community Hall from 5 to 8 p.m. Those unable to attend can also get details and provide feedback online at engage.calgary.ca/sarceerichmond.

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Trucking up a Storm

ATHLETICS

Alberta mom takes part in strongman competition

Aaron Chatha
Metro | Calgary

Jennifer Storm, right, is one of four Calgary woman training for Strongman competitions —proving a strong woman can compete just as well as a strong man. AARON CHATHA/METRO

Calgarian Jennifer Storm recently set a new personal record in trucking.

We don't mean driving — Storm pulled a 13,500-pound dump truck filled with wood using her bare hands.

Storm, a 40-year-old single mom with two kids, regularly deadlifts 415 lbs, flips tractor tires, hefts heavy stones and hoists rock-filled kegs over her head.

She's one of four local women training to inject some much needed estrogen into strongman competitions.

"I wanted to do something totally badass," she said. "It's really satisfying when you're doing a sport that's traditionally reserved for men.

"Women are more powerful than they think they are, and than society lets us believe."

Strongman competitions are known for challenging competitors with feats of unbelievable strength, like pulling coal trucks or carrying Atlas stones. Previous world champions in the sport include Eddie Hall and Thor Björnsson (Also known as The Mountain on Game of Thrones).

Despite the sport's popularity since the 1800s, few women compete in the events — which focus on feats of strength rather than body tone and image.

When trainer Cody Hawkins recently opened his gym, Raw Iron Performance, he was approached by a number of women about losing weight — but Hawkins' background was in strength conditioning.

"I talked them through maybe using their size as a strength, rather than looking at it like a detriment to themselves," he said.

> **Women are more powerful than they think they are.**
> Jennifer Storm

"I grew up with three sisters and I'm the youngest. Seeing females respect themselves, love themselves — it's very important to me."

His is now one of the only two gyms in the city training women for this competition.

Storm said working out for the Strongman competition helped her let go of society's expectations of what a female body should look like.

"I let go of dieting and focusing on burning calories," she explained. "Now I honour my body for what it does for me each day."

Many in the sport have been supportive of getting more women involved — and Storm's hoping to burst through gates and quickly become Alberta's strongest woman.

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SEXUAL ASSAULT

Police to charge teacher

Brodie Thomas
Metro | Calgary

Police say they've laid charges against a Calgary teacher for having inappropriate sexual contact with a student.

Officers began investigating in January of this year after a woman complained she'd had sexual contact with the teacher at Bishop McNally High School between 2007 and 2009.

The woman was 16 when the alleged assaults started.

According to police, the incidents happened at several Calgary homes, as well as in the school.

Although the age of consent was 14 in 2007, the suspect was in a position of authority and control over the alleged victim, making the alleged contact a crime.

Police arrested a 45-year-old man on Tuesday. They will release his name after he has been formally charged.

He will be charged with sexual contact with a youth by person in authority and sexual assault

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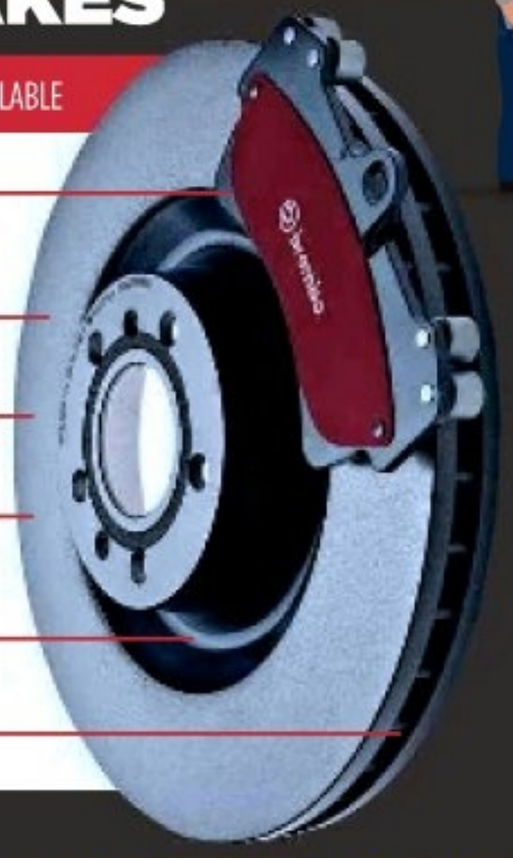

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Child advocate gaining new powers

LEGISLATION

Death of every child recently in care will get reviewed

Alberta's child advocate will probe the death of every child who dies in government care under proposed legislation introduced Tuesday.

Children's Services Minister Danielle Larivee says Bill 18 will also require child and youth advocate Del Graff to review the death of every child who has recently been in care.

"When these heartbreaking tragedies happen, Albertans expect their government to take a hard, honest look at the system and what may have gone wrong," Larivee told the legislature.

Larivee said the bill "would empower the child and youth advocate, creating for the first time in Alberta a primary authority for reviewing the deaths.

"We would eliminate gaps and roadblocks that prevent important information from being shared across the system."

The legislation incorporates recent recommendations from an all-party committee reviewing ways to make children safer in government care following the death of a four-year-old girl named Serenity.

Bill 18 will require any official agencies dealing with the deaths of children in care to share information with Graff. If an agency — including police — wants Graff to delay his review to avoid interfering in an investigation, it must deliver reasons and updates every six months.

Graff will have to report publicly on every death review and deliver broad updates to a legislature committee twice a year.

Given the disproportionate number of First Nations children in the system, Graff will also have indigenous advisers help with reviews and shaping of policy.

Graff said he welcomes the changes but no external review can compensate if information isn't forthcoming from those closest to the situation.

Larivee agreed that the proactive disclosure element of the bill is critical. Public agencies have been reticent to share information to avoid any legal consequences for breaching privacy, she said.

But she said that has to change.

"It is a culture shift," Larivee said. "We're making it really clear ... to say that this is actually your inherent responsibility to share this information."

THE CANADIAN PRESS

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Premier Rachel Notley said Trans Mountain will happen regardless of British Columbia politics. THE CANADIAN PRESS

TRANS MOUNTAIN

Pipeline coming, Notley maintains

Premier Rachel Notley wants everyone to mark her words: The Trans Mountain pipeline expansion will go ahead to deliver her province's oil to the West Coast and jobs to British Columbia.

Notley says she doesn't believe it makes much difference who is running B.C., because the federal government has already approved the Kinder Morgan project.

"The decision has been taken," she said Tuesday when asked about the pipeline as she was announcing a new hospital for Edmonton.

"It's been taken by the federal government. It was taken by a federal government that was committed to balancing and driving towards two goals at the same time: environmental sustainability and economic growth on behalf of the whole country."

She said the pipeline is in the best interests of Albertans and all Canadians — but especially to British Columbians.

"Quite honestly the province of B.C. can't grow solely on the basis of escalating housing prices in Vancouver and the Lower Mainland. They need stronger economic growth and the reality is that in Interior B.C., they need the jobs that this pipeline will provide."

The future of the pipeline, which would nearly triple the capacity of an existing line running from Edmonton to Burnaby, has been questioned given a co-operation agreement between the B.C. New Democrats and Greens, which could lead to an NDP minority government. Both parties have voiced opposition to the project.

Notley said governments that care about working people put good jobs front and centre and "there, I know, we ultimately share a number of values with the emerging leadership in B.C."

> **B.C. can't grow solely on the basis of escalating housing prices.**
> Premier Rachel Notley

Alberta has long argued that it needs a pipeline to get more of its oil to the West Coast and from there to overseas markets.

THE CANADIAN PRESS

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Candidate faces Twitter backlash

SOCIAL MEDIA

Trustee hopeful shutdown her account citing threats

Lucie Edwardson
Metro | Calgary

A Calgary Board of Education trustee candidate who shut down her personal Twitter account due to 'implied threats' against her children faced an intensified social media backlash Tuesday.

On May 25, Bianca Smetacek announced her plans to run for CBE trustee in Wards 5 and 10 as a part of the four-woman Students Count slate.

On May 26, Smetacek shut down her personal Twitter account — causing some Twitter users to question her motive — citing screenshots of past tweets they found concerning, and they believe she wanted to hide.

Metro reported Monday that Smetacek, through fellow Students Count trustee candidate Lisa Davis, said implied threats and personal information about her children prompted the shutdown. After numerous requests for an interview, Smetacek provided an emailed statement late Tuesday afternoon, where she claimed people had threatened to "find" her children.

"I know in this world of social media outrage some people want to suggest I am hiding something. The only thing I am hiding are my children who did not sign up to be 'found,'" she said.

When pressed for specific examples of the so-called threats, Kelley Charlebois, media representative for the Students Count slate, said they couldn't provide details as they were taking the issue to Calgary police.

Smetacek said in her statement that she'd met with police on Tuesday and was weighing her options, but after being asked to provide a case number, she didn't respond by deadline.

Police couldn't confirm any correspondence with Smetacek without the case number.

Bianca Smetacek METRO FILE

On Tuesday, Twitter users shared screenshots of exchanges with the embattled candidate — some questionable or offensive content.

Charlebois claimed the screenshots of Smetacek's tweets are "made up" but did not provide proof before deadline. Metro was also unable to independently authenticate the sources for the screenshots of the tweets.

Further, despite asking if they would reopen the account to the public to check the validity of the tweets in question, and a response to that question was never provided.

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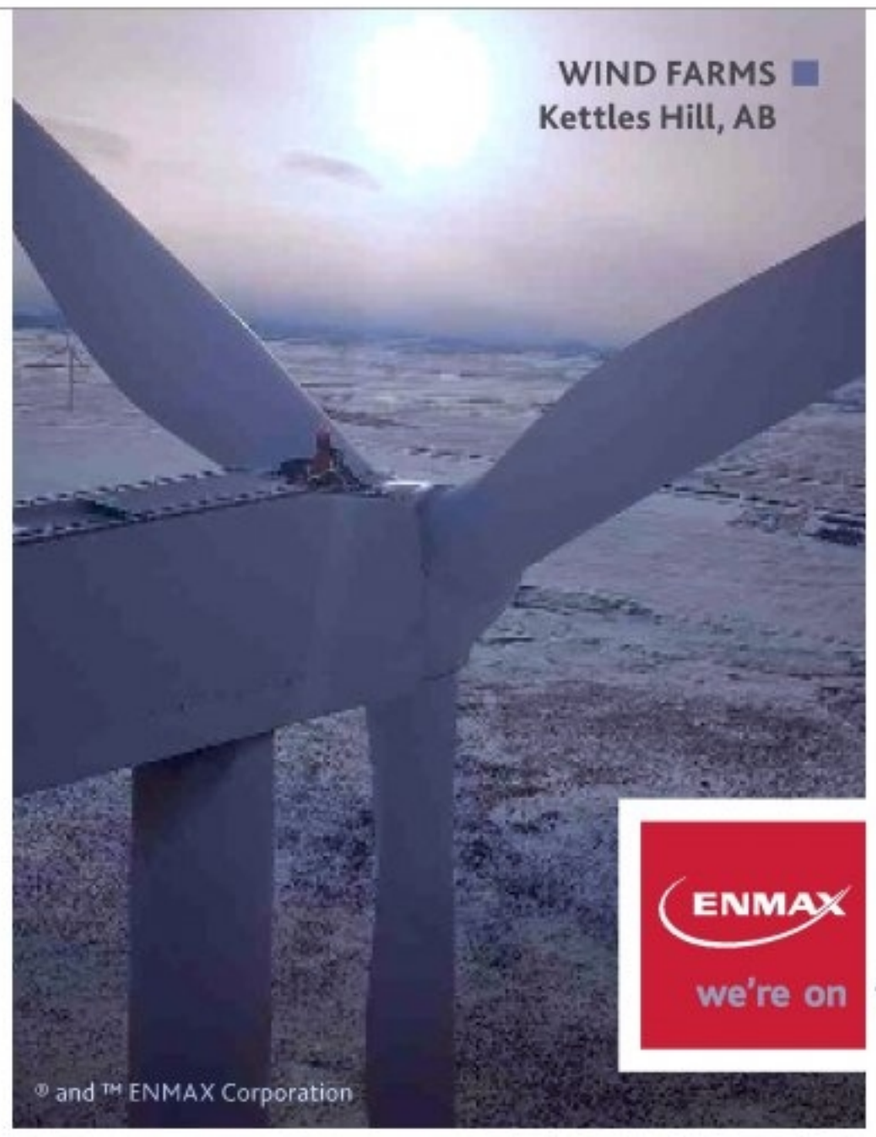

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Goats chomping down on weeds

UNIVERSITY DISTRICT

Project draws a herd of billies and does for lawn care

Helen Pike
Metro | Calgary

A goat grazes with its friends opposite the Alberta Children's Hospital. COURTESY WEST CAMPUS DEVELOPMENT TRUST

They're back, and this time goats are getting good graze in the University District.

Since beginning their job near the South Pond site, it's become a goat-to spectacle for more than 200 daily visitors, all curious to see the bleating billies and does chomp down.

"We're right up against Shaganappi Trail, and we're right up against a really busy boulevard here between the Children's Hospital and Foothills Hospital," said Jeannette Hall, owner of Baah'd Plant Management. "All these people are coming out and just quietly standing and watching these goats — it's just so incredible."

Hall said they've even had learning opportunities with junior high school classes coming to see the native weeds for their studies.

The goats will be tending to the University District's Crown land on and off throughout the summer.

This project came about following a pilot project on the same property last year.

Maureen Henderson, director of marketing and communications with the West Campus Development Trust, said they had an opportunity to test out a more organic method to deal with the land's weeds and greens.

"It provides some value on a number of levels," Henderson said. "You're not restricted to a day, you're not restricted to the weather, you're not restricted to a number of other factors that are limiting. There's a lot of flexibility."

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‘Don’t sweep it under the carpet’

MMIW

Family urges commissioners not to ignore results of probe

Frances Neumann searched tirelessly for her missing sister-in-law in Vancouver’s Downtown Eastside, only to learn from a newspaper article she had been dead for years.

Neumann, the first family member to speak publicly at the National Inquiry into Missing and Murdered Indigenous Women and Girls, urged the commissioners not to let Mary Smith John’s death be in vain.

Smith John fled Yukon as a young woman after enduring the loss of an infant son and was found dead of an alcohol overdose in 1982. Neumann said Smith John had been in the company of Gilbert Paul Jordan, known as the “Boozing Barber,” who is believed to have plied multiple women with a lethal dose of liquor.

“We let them down. We did not protect them because they were weak,” Neumann said Tuesday, wiping away tears.

An emotional Frances Neumann talks about her sister-in-law Mary Smith John.
THE CANADIAN PRESS

Jordan was convicted of manslaughter in the death of a non-Indigenous woman in 1988. But he was linked to several aboriginal women’s deaths before then, reported APTN in a segment that was played at the hearing. He died in 2006.

“We must stand up for justice for these women that have walked before us. This has been coming (for) many years and I thank Canada for supporting our families,” Neumann said.

“Please, please see this through. We have come up and waited for many years to see the results. Don’t sweep it under the carpet.”

Neumann’s testimony marked an emotional start to the first family hearings.

The commissioners have faced criticism about poor communications and delays. Chief Commissioner Marion Buller began Tuesday’s hearing with an opening statement. She said Canada needs to hear the truth about the violence endured by generations of Indigenous women and girls in order to have a better understanding of systemic violence, to find solutions and heal.

More than 40 people are expected to share their stories this week.

Families have the option of testifying privately to a statement-taker or speaking publicly inside a white tent, where the interior walls are decorated with brightly coloured blankets created by volunteers and chairs are set up in a circle.

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Top stars join benefit concert

MANCHESTER

Show will take place two weeks after bombing

A week after a bombing at her Manchester Arena concert killed 22 people, singer Ariana Grande said she and other top stars — including Justin Bieber, Katy Perry, Coldplay and Miley Cyrus — will perform at a benefit concert in the city on Sunday night.

The singer announced Tuesday that the "One Love Manchester" show will be held at the city's Old Trafford cricket ground.

"We will not quit or operate in fear. We won't let this divide us. We won't let hate win," Grande said in a statement. "Our response to this violence must be to come closer together, to help each other, to love more, to sing louder and to live more kindly and generously than we did before."

Meanwhile, Greater Manchester Police briefly asked the public to stay out of a neighbourhood in the nearby town of Wigan on Tuesday as a bomb disposal unit searched for explosives — part of the investigation into the attack that hit Grande's concert.

Officials trying to unmask the network behind Salman Abedi searched a property in Wigan, 20 miles northwest of Manchester, and placed a security cordon around the neighbourhood for several hours.

But London's Metropolitan Police said Tuesday that military support for the counter-terrorism operations is gradually being reduced now that the official threat level has been lowered from "critical" to "severe."

THE ASSOCIATED PRESS

Ariana Grande and other top stars — including Justin Bieber, Katy Perry, Coldplay and Miley Cyrus — will perform at a benefit concert in Manchester on Sunday night. THE ASSOCIATED PRESS

BACKLASH

Griffin: 'I went too far' with Trump photo

Kathy Griffin apologized online Tuesday evening. SCREENGRAB

Kathy Griffin said she knew her new photo shoot with Tyler Shields would "make noise."

Griffin appears in a photo posted online Tuesday holding what looks like President Donald Trump's bloody, severed head. Many on Twitter called for the comedian to be jailed.

Following the online backlash, Griffin posted a video apologizing for the photo, adding she would "take it down" and ask the photographer to do the same.

"I went too far, I made a mistake, I was wrong," Griffin says in the video.

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PHILOSOPHER CAT by Jason Logan

JESSICA ALLEN ON GIMMICK FOOD

Food has morphed from being something that sustains us to something that defines us.

I can't think of a situation in which I would be compelled to order a bowl of cereal at a restaurant. I still have a three-year-old box of Cheerios that's yet to need the green bin.

But despite my personal distaste, cereal cafés and bars are popping up all over the world.

The idea, borrowed perhaps from frozen yogurt chains, is simple: dispense childhood favourites and esoteric brands of cereals —Madrid's The Cereal Lovers boasts over 150 varieties — and provide toppings, like fresh fruit, dried coconut, milk and milk alternatives.

You can imagine the interiors, right? Bright, cheerful, and colourful, not unlike the image of the bowl of cereal that is begging to be shared on social media.

It's a business strategy capitalizing on impulses that, as a non-millennial, I don't have: the desire to see something on Instagram — like an artisanal ice cream sandwich or a Caesar garnished with a grilled shrimp the size of a Buick — and go out of my way to experience and document it.

In fact, when it comes to businesses exploiting the latest food trends, whether it be a sushi burrito or a smoothie bowl, I've become so contrarian that I'll go out of my way *not* to experience them.

But will everyone else, who probably likes fun more than I do, bite? Although U.S. cereal sales have dropped $4 billion since 2000, the New York Times reported last February, "breakfast cereal is a powerful engine of nostalgia," particularly for baby boomers.

A bowl of cereal runs about $10 at Silo 13. EDUARDO LIMA/METRO

So if you build a cereal bar, will the millennials come?

Maybe not. Forty per cent of millennials surveyed in 2015 by the global market research company Mintel admitted "cereal was an inconvenient breakfast choice because they had to clean up after eating it," the New York Times said.

But at Silo 13, a "freestyle cereal bar" that recently opened in Toronto, there are no dishes to wash, and there are gluten-free options.

For $10, you can fill up a plastic bowl from a selection of dozens of cereals, including French, British and American imports (like Twix, which was discontinued here in 2005). They even have Oreo O's, only be available in South Korea.

Owner David Cai, 30, told me that he and his wife had the idea to open up Silo 13 after visiting IKEA. They saw the wall of dispensers dishing out nuts and bolts and thought it was a great model for serving *something*.

"We both love cereal," he said, and with a little snap, crackle, and pop, the business was born.

Silo 13 had their grand opening Victoria Day weekend. It went well, especially on the Sunday when they "got slammed."

The following Sunday, however, the place was empty, save for me (it was research) and Simon (I made him come). I filled my bowl with eight cereals, not one of which looked or sounded healthy, and chose two per cent milk to top it off. The first bite was euphoric. I was taken back to the kitchen table of my childhood. Was it the Count Chocula? Or the Fruity Pebbles? I can't be certain because every other bite tasted like wet sugar.

I don't think Silo 13 has me in mind as a regular customer. In fact, I wonder if they have regular customers in mind full stop. "We designed the place so that it's Instagrammable," Cai says. "We like to say, 'If you shoot us, tag us.'"

But what are the chances that once you have that social media post, you'll go back for a second? Cereal may have a long shelf-life, but gimmicks don't. So I'm not sure a cereal bar is a sustainable business model.

Food has morphed from being something that sustains us to something that defines us, usually via social media. And since I forgot to Instagram my freestyle cereal bowl, I have no idea who I am.

Jessica Allen is the digital correspondent on CTV's The Social.

Safe spaces don't exist solely to keep you out

Vicky Mochama
Metro | Toronto

When oppressed groups create spaces for themselves, it's not — drum roll, please — reverse discrimination. It is a response to actual discrimination by creating a place where they (we, depending on the day and event) can safely exist.

The mayor of Paris called for the Nyansapo film festival, a black feminist gathering, to be banned on the basis that it purportedly excluded white people. The organizers say that the public areas had always been intended to be open to people of all races. However, some spaces on private property would be reserved for black people of all genders.

Back in North America, the Alamo Drafthouse Cinema, a movie chain based in Austin, Texas announced it would hold five women-only screenings of Wonder Woman. The connection here to radical politics is a little more tenuous; I'm not sure that a handful of screenings for a corporate summer blockbuster is exactly women's liberation. But the sentiment, a safe space for women to experience an action film, is fine. The reaction was a large helping of the usual: men online complained about sexism.

In both of these we find a deep misunderstanding of how the world works.

Safe spaces are not particularly novel. They have a long and storied history, some of which has a Canadian connection.

Some safe spaces have been entire institutions created to serve people who have experienced systemic discrimination. For example, historically black colleges and universities in the U.S. came about as a response to racist admissions practices at American universities.

Others are about creating a place for communities at the margins to centre themselves while still including others.

The Wonder Woman movie is the first female-led comic book movie in years and the first with a woman director. Five showings among thousands does not amount to discriminating against men.

Similarly, the black feminist film festival seeks to give black people a space that is solely theirs within the larger event, and more importantly, within the larger majority-white and anti-black Parisian culture.

It's important when criticizing these spaces to recognize the environments they are created in. All too often, the arguments for free speech forget that speech exists within certain contexts. For women and people of colour, the bigger picture is often one of a world that has chronically excluded them.

When men and white people feel left out or discriminated against by spaces like these, they are expressing their discomfort with boundaries. The lines are drawn to keep the people inside them safe in a world that regularly threatens their peace.

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metro LIFE

Your essential daily news

Alanis Morissette's album Jagged Little Pill is headed to the stage as a musical

Meals with *just 4* ingredients

TORSTAR NEWS SERVICE

RECIPES

Campaign encourages people to cook more at home

There's nothing more encouraging for people trying to cook more for themselves than the words "four-ingredient recipe."

The #4ingredientchallenge fundraising campaign asks chefs and food writers to share filling recipes using just four ingredients (not including basics such as salt, pepper, water and oil) to encourage people to cook more at home, regardless of time, budget or basic kitchen skills.

Here are two of the tested recipes:

Basic Congee

Makes 4 servings.

Ingredients:
- 1 cup (250 mL) long or short grain white rice
- 4 cups (1 L) chicken or vegetable broth
- 4 cups (1 L) water
- Kosher salt and white pepper, to taste
- 2 large eggs
- 2 stalks green onion, chopped

Directions:

1. Using a strainer, rinse rice under cold running water until water almost runs clear. Transfer rice to a large pot. Add broth and water. Bring to a boil. Reduce heat to low and simmer. Half-cover pot with lid and stir occasionally for an hour and a half. Add more liquid if you prefer a thinner congee. Season with salt and pepper.

2. Meanwhile, to make soft-boiled eggs, bring a small pot of water to a boil over high heat. Gently submerge eggs into water and reduce heat to medium. Let eggs simmer for 5 to 7 minutes. Remove eggs from hot water and submerge in cold water for at least 15 minutes before peeling. Slice eggs in half.

3. Divide congee into bowls. Garnish with green onion and sliced eggs.

FUNDRAISER

More recipes are available at cfccanada.ca/4ingredientchallenge with a donation to Community Food Centres Canada.

Sweet Potato Rosti With Miso Salmon and Chard

Makes 4 servings.

Ingredients:
- 1/4 cup (60 mL) white miso paste
- 6 tbsp (90 mL) vegetable or canola oil
- 4 skinless, boneless salmon filets, 6 to 8 oz each
- 2 medium sweet potatoes
- 2 tsp (10 mL) kosher salt, plus more to taste
- 1 bunch swiss chard, leaves and stems separated, both chopped
- Black pepper, to taste
- Lemon wedges, for garnish (optional)

Directions:

1. Preheat oven to 400 F (200 C). Set up a top and middle rack.

2. In a small bowl, whisk miso paste with 2 tbsp (30 mL) of oil and rub all over salmon filets. Place on a lined baking sheet and set aside.

3. Peel and grate sweet potatoes. In a medium-sized bowl, toss potatoes with salt. Let sit for 5 minutes. Squeeze out and discard liquids. Toss potatoes with 2 tbsp (30 mL) oil. In a large, oven-safe skillet, spread potatoes in an even layer. Bake for 25 minutes on middle rack.

4. Fifteen minutes before potatoes are done, add sheet of salmon on to top rack of oven and bake until salmon is slightly browned but still a bit pink in the middle, about 15 minutes.

5. Meanwhile, in a large skillet over medium-high heat, add remaining 2 tbsp (30 mL) of oil. Sauté chopped chard stems until tender, about 5 minutes. Add leaves and sauté together until leaves have wilted and are tender. Season with salt and pepper to taste.

6. Remove salmon and potato from oven. Place salmon filets and swiss chard on top of potatoes in skillet. Garnish with lemon wedges.

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MOVIES LEBANON WANTS NO PART OF ISRAELI WONDER WOMAN Lebanon is seeking to ban the new Wonder Woman movie because its lead actress, Gal Gadot, is an Israeli. Lebanon is officially at war with Israel and has a decades-old law that boycotts Israeli products and bars Lebanese citizens from travelling or having contacts with Israelis.
THE ASSOCIATED PRESS/INVISION

JOHANNA SCHNELLER WHAT I'M WATCHING

Politics always comes first for Underwoods

THE SHOW: House of Cards, Season 5, Episode 3 (Netflix)
THE MOMENT: The midnight chat

Kevin Spacey and Robin Wright in House of Cards. CONTRIBUTED

First Lady Claire Underwood (Robin Wright) sleeps in her White House bed next to her lover, Thomas (Paul Sparks), who's writing a biography of her husband Francis (Kevin Spacey), the U.S. president. From a chair beside the bed, Francis gazes at them. Claire rolls over, sees him. She rises on an elbow.

"I couldn't sleep," he says. Calmly, they discuss ... why they're not further ahead in the polls for tomorrow's election. She reassures him that they've damaged his opponent. "Maybe we don't know what he's hiding, but the public knows there's something," she says.

Thomas makes noises in his sleep. Francis cocks his head. "He hums sometimes," Claire says.

"Like what?" Francis asks. "Does he do it often?" He sits beside her on the bed. "Do it for me, what does it sound like?"

"Let's get something for your sore throat," she says.

He demurs, tells her to get some sleep. She kisses his cheek. He exits.

I love this series best when the Underwoods are most aligned in their relentless, regretless machinations to seize and keep power. So, though it's wobbled over the years, and though I don't buy her as his running mate, I keep coming back for scenes like this — their marriage is at its strangest and most singular.

Francis couldn't care less that Claire is sleeping with another man. Claire doesn't mind that Francis is in her room. They know what the other needs. Their common pursuit unites them. They have politics to discuss, and politics always comes first.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Your daily crossword and Sudoku answers from the play page.

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1	4	9	2	3	8	7	6	5
2	5	3	9	7	6	8	1	4
7	8	6	5	4	1	3	9	2
6	3	5	8	9	4	1	2	7
9	7	4	1	2	5	6	3	8
8	1	2	3	6	7	5	4	9
4	6	1	7	5	9	2	8	3
3	9	7	6	8	2	4	5	1
5	2	8	4	1	3	9	7	6

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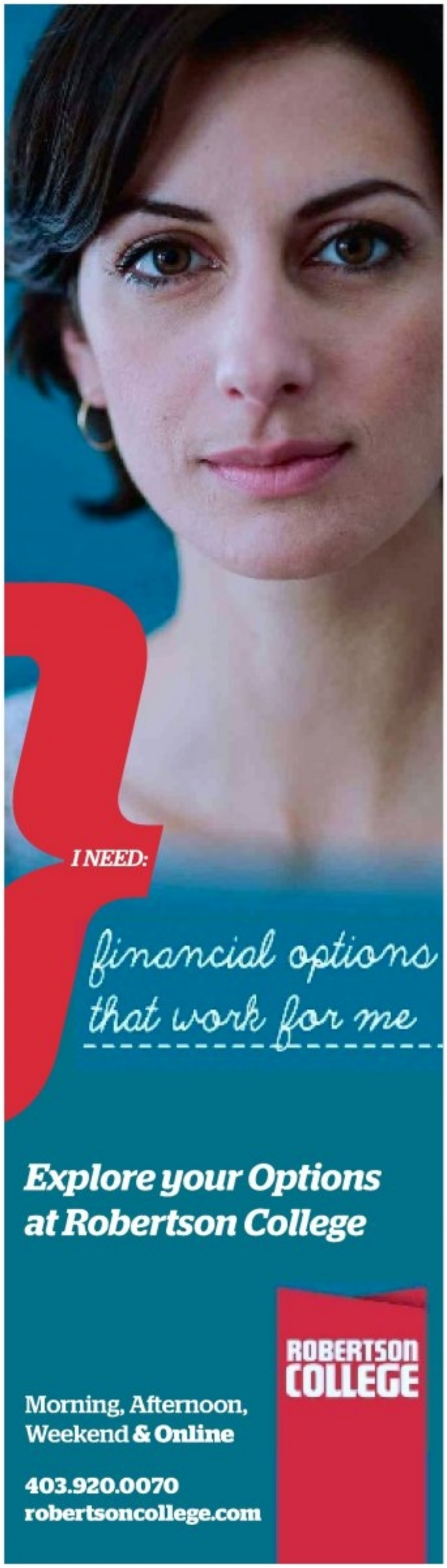

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Naturally made cheese vs. processed cheese product

When it comes to cheese, stick to the real stuff.

PICK THIS

Balderson Royal Canadian Cheddar Cheese

Per serving (1 portion — 21 g)
Calories 90
Fat 8 g
Saturated fat 5 g
Sodium 140 mg
Protein 5 g

SKIP THIS

The Laughing Cow

Per serving (2 portions — 33 g)
Calories 70
Fat 6 g
Saturated fat 3.5 g
Sodium 310 mg
Protein 3 g

HERE'S WHY

Equivalent in sodium to 2 slices of Panago's Quattro Fromaggio Pizza (multigrain, thin crust)

Cheese is a healthy snack when eaten in moderation. It is an excellent source of protein and calcium. However, not all cheese products contain the same ingredients. The Laughing Cow may be lower in calories and fat, but it is a processed cheese product, and contains preservatives. The Balderson cheddar is an aged, naturally made cheese, which also contains less sodium. Remember, the ingredient list is just as important to read as the nutritional information.

These fruit purée frozen snacks are just too good not to share. COURTESY RICARDO LARRIVÉE

RECIPE

A refreshing pop of mango

Inspired by lassi, the Indian yogurt drink, these refreshingly juicy mango-lassi ice pops are as fun to make as they are to eat.

Mango-Lassi Ice Pops

Makes 10 servings, depending on mould.

Ingredients:
- 1-1/2 cups (375 mL) mango purée — for 1 cup (250 mL) of mango purée, process 2 cups (340 g) of cubed mango in a blender until smooth, then strain.
- 1/2 cup (105 g) sugar
- 1/2 cup (125 mL) plain Greek yogurt
- 1/2 cup (65 g) crushed unsalted pistachios

Directions:
1. In a bowl, whisk together purée and sugar until sugar has dissolved. Stir in yogurt.

2. Sprinkle half of the pistachios into ice-pop moulds and pour mango mixture over top, leaving 1/2 inch (1 cm) of space at top of each mould. Top with remaining pistachios and insert ice-pop sticks.

3. Freeze for six hours or until firm. For easy unmoulding, place under hot running water.

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TASTE DRIVE

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Walk. Eat. Repeat.

Karen Anderson has been running Calgary Food Tours since 2006. DANIELLE PAETZ

FOR FOODIES

Calgary Food Tours offer food, fun and adventure

Shelley Boettcher

It's a Calgary foodie's dream come true: a tour of the city's top eateries that lets you sample their menus, meet other food lovers and learn more about Calgary's dining scene.

Karen Anderson has been running Calgary Food Tours since 2006, leading insider tours — mostly on foot — of some of the city's best restaurants and culinary destinations. And business is booming.

Last year she expanded to Canmore and Edmonton, under the umbrella name of Alberta Food Tours. She now has 17 part-time tour guides throughout the province to keep up with demand.

In June, she'll launch Eat to the Beat, a happy hour tour Friday nights in Calgary's East Village. Each tour will include stops at Phil & Sebastian, Sidewalk Citizen and the Deane House, as well as a tour of the National Music Centre.

Guests will finish the night with rooftop patio cocktails at Charbar.

Other offerings include a year-round walking tour of Kensington Road, with treats at Kensington Riverside Inn, Crave, Pulcinella and more. And a Saturday morning tour starts with brunch at Hotel Arts, followed by stops at 10 Foot Henry, Metrovino, Cookbook Co. Cooks and Brulee.

This month, Anderson will also launch an Instagram contest, #eatalberta150, in honour of Canada's 150th birthday. From June 1 to Aug. 7, she'll be giving out 150 prizes — including restaurant gift certificates and hotel stays — for anyone in the province who posts a photo of Alberta food and uses the hashtag on Instagram.

"It's our way of celebrating Canada's 150th birthday but also a way of elevating Alberta's food scene," she says. "Our credo is food, fun and adventure."

Anderson now has her sights set beyond Alberta. Every year, for the past six years, she has led a culinary and cultural tour to India. (She's currently accepting reservations for 2018.)

And in the next year or so, she plans to expand to the Okanagan Valley.

For now, food tourists can book outings in Calgary, Canmore and Edmonton at albertafoodtours.ca or calgaryfoodtours.com.

"Food travellers are fun to hang out with," Anderson says. "They're free spirits and they're adventurous and they want to try new things."

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PAYMENT INCLUDES $2,000^ F SPORT CREDIT.

2017 NX 200t F SPORT
LEASE APR 1.9%* 39 MONTHS
BI-WEEKLY LEASE PAYMENT $239* DOWN PAYMENT $6,990*
F SPORT CREDITS OF $3,500^
PAYMENT INCLUDES $3,500^ F SPORT CREDIT.

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‡Total Cash Purchase Credits include F SPORT Credits and Cash Purchase Credits. Cash Purchase Incentives may not be combined with special lease and finance rates offered through Lexus Financial Services and are available on the cash purchase of select new 2017 Lexus vehicles in May including 2017 Lexus IS 300 AWD & 2017 Lexus IS 350 AWD ($1,000 on all suffixes). ^F SPORT Credits in May are available on the purchase/lease of select new 2017 Lexus vehicles including 2017 Lexus RX 350 ($2,000 on suffixes G & H), 2017 Lexus RX 450h ($2,000 on suffix H), 2017 Lexus NX 200t ($3,500 on suffixes F, G & H), 2017 Lexus IS 200t ($3,000 on suffix F), 2017 Lexus IS 300 AWD ($3,000 on suffixes F & G), 2017 Lexus IS 350 AWD ($3,000 on suffixes G & H). F SPORT credits will be deducted from the negotiated purchase/lease price after taxes. *Lease offers provided through Lexus Financial Services, on approved credit. *Representative lease example based on a 2017 NX 200t sfx 'F' on a 39 month term at an annual rate of 1.9% and Complete Lexus Price of $53,286. Bi-weekly lease payment is $239 with $6,990 down payment or equivalent trade-in, $0 security deposit and first bi-weekly lease payment due at lease inception. Total of 84 bi-weekly lease payments required during the lease term. Total lease obligation is $27,227. *Representative lease example based on a 2017 RX 350 sfx 'G' on a 39 month term at an annual rate of 1.9% and Complete Lexus Price of $68,386. Bi-weekly lease payment is $339 with $7,130 down payment or equivalent trade-in, $0 security deposit and first bi-weekly lease payment due at lease inception. Total of 84 bi-weekly lease payments required during the lease term. Total lease obligation is $35,810. 52,000 kilometre allowance; charge of $0.20/km for excess kilometres. Complete Lexus Price include freight and PDI ($2,045), Dealer fees, block heater ($2.37), air conditioning charge ($100), tire charge ($20), AMVIC fee ($6) and Filters (up to $190). License, insurance, registration (if applicable), and taxes are extra. Lexus Dealers are free to set their own prices. Limited time offers only apply to retail customers at Lexus of Royal Oak. Dealer order/trade may be required (but may not be available in certain circumstances). Offers are subject to change or cancellation without notice. Offers expire on May 31st unless extended or revised. See Lexus of Royal Oak for complete details.

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

metro WHEELS

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The WRX is excitement in motion

HANDOUT

REVIEW

Refining the sport compact with the latest iteration WRX

Sami Haj-Assaad
AutoGuide.com

I'm somewhere alongside Kaslo Bay in southwest British Columbia when it hits me. A smile. It's infectious and followed by giggles and wide-eyed excitement.

It's a result of this route, this scenery and a car that feels right at home navigating roads that swing side to side like a pendulum. Despite all the new sport compact cars on the scene, it's the WRX they have to beat.

The 2018 Subaru WRX may not seem very new. It still has the same turbo 2.0-litre boxer engine. It's still only available as a sedan. It's still pretty light at around 1,500 kilograms. It still has a slow infotainment system and no Apple CarPlay or Android Auto support. The interior also won't give you the impression you're in something higher end.

That list of complaints is quickly forgotten once you take the WRX on the road — and glance at the $29,995 asking price. But let's get to what's changed. The front bumper has been revised and the car gets an option for full LED headlights that can turn into a corner so night time visibility is improved.

Cars equipped with the CVT transmission can get Subaru's EyeSight suite of safety and driver assistance features — things like adaptive cruise control, lane departure warning and forward collision warning. These vehicles also can be equipped with an automatic rear braking system.

In terms of performance upgrades, the changes to suspension and steering feel are subtle. The manual transmission and steering is smoother. Additionally, Subaru has revised the mount points for roof racks. The automaker is also offering new performance goodies in the RS Package. Vehicles equipped with this package get sporty Recaro seats and new JURID brake pads with red calipers. There's also a moonroof delete option.

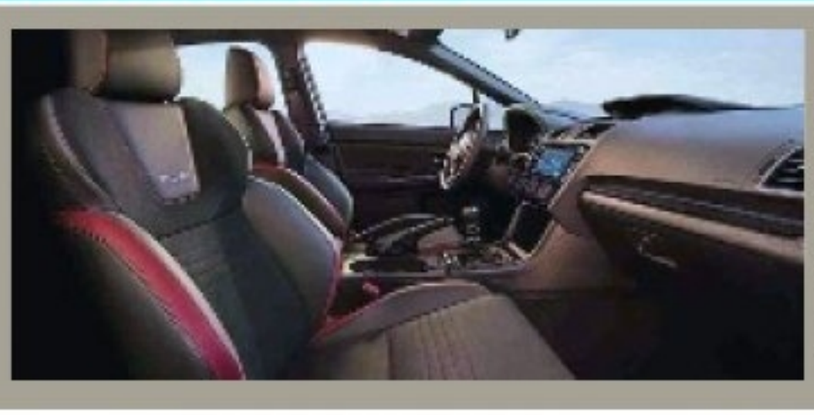
The interior gets new gauges and there are more soft-touch materials in the cabin. The rear armrest now has a cupholder and the front power windows now have a power off delay, so you can roll them up after you turn off the car. Finally, Subaru has reduced a significant amount of cabin noise.

The rest of the car is the same old stuff we've liked before and there are no changes here that will upset loyal fans.

THE CHECKLIST | 2018 SUBARU WRX

THE BASICS

Engine: 2.0-litre turbo boxer four-cylinder
Output: 268 horsepower, 255 pound-feet of torque
Transmission: Six-speed manual/CVT
Fuel Economy (L/100 km): 11.3 city, 8.5 highway, 10.0 combined (6MT)/12.5 city, 9.6 hwy, 11.2 combined (CVT)
Price: Starting at $29,995



LOVE IT

- Great powertrain
- Excellent price
- New options and features
- Quieter

LEAVE IT

- Waiting for new platform
- Hard to hear exhaust
- Forgettable style

PARKING

If you think parking is expensive, be glad you aren't in NYC or Sydney

Jason Siu
AutoGuide.com

The 2017 Global Parking Index has been released, revealing the most expensive cities in the world for parking.

The report is based on Parkopedia's own dataset, which covers more than 50 million parking spaces across 6,500 cities in 75 countries. Prices in the index were calculated as the mean of corresponding parking rates for all publicly available off-street parking facilities in a city center based on Parkopedia's global dataset.

Prices have been adjusted based on the theory of purchasing power parity (PPP), allowing for a comparison of the relative price of parking in cities and countries globally. In addition, to determine the relative cost of parking in each location, global prices were converted into USD using May 2017 currency exchange rates, as well as adjusted based on the published Big Mac index PPP January 2017 index.

The world's highest short-term (two-hour) parking rate is found in two locations in New York City, charging $62 for two hours. On average, New York has the highest two-hour parking rates at $32.97, while Sydney's average is $28.45. At least half-a-dozen locations in Sydney charge as much as $51 for two hours. Also in the top five from Australia are Brisbane ($21.77 average) and Melbourne ($21.56). Boston with an average of $20.80 round out the top five. The only cities in the top 10 not in the U.S. or Australia are London, U.K. ($16.26) and Tokyo, Japan ($15.16).

After purchasing power parity adjustment, however, New York and Sydney swap places, with Sydney topping the list at an average of $34.85, while New York is $32.97.

For daily parking, Sydney leads the way at an average of $46.73, while London is in second at $45.01. Also in the top five are New York ($41.58), Brisbane ($36.38) and Paris ($35.19). But after PPP adjustment, London edges out Sydney as the most expensive for daily parking with an average rate of $57.51.

When it comes to monthly parking, New York is the most expensive at $606.37. London is second at $603.89, followed by Zurich ($540), Amsterdam ($424.73) and Sydney ($390). After PPP adjustment, things change a bit for monthly parking. London ranks highest at $771.67 and Hong Kong makes an appearance at $722.43. New York falls into third at $606.37 followed by Amsterdam ($545.10) and Sydney ($475).

$211.05

Montreal and Calgary are the only Canadian cities to crack the top 25 most expensive places to park globally. Montreal places 18th when it comes to two-hour parking rates with an average of $9.87 U.S.; Calgary follows with an average cost of $9.24. Average monthly parking will run you $211.05 in Calgary compared to a national average of $123.50. PARKOPEDIA GLOBAL PARKING INDEX

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metro SPORTS

"Sometimes you just got to go and get them and can't hesitate": Nationals star Bryce Harper on his fight with Giants reliever Hunter Strickland

Daniels no longer the out-of-nowhere man

CFL

Stamps WR put in off-season work to negate 2nd-year slump

DaVaris Daniels has lost the element of surprise. When defences around the CFL face the Calgary Stampeders in 2017, they'll scheme with last season's rookie of the year in mind.

From practice roster player to scoring a touchdown in the Grey Cup game and winning the league's rookie award, Daniels' inaugural season was meteoric.

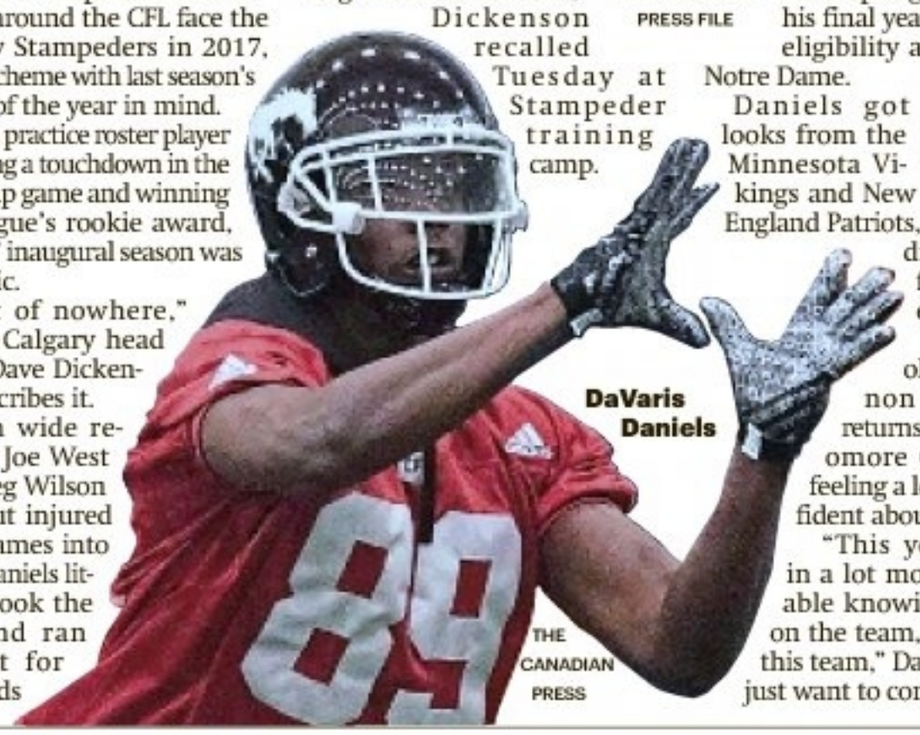
"Out of nowhere," is how Calgary head coach Dave Dickenson describes it.

With wide receivers Joe West and Greg Wilson both out injured eight games into 2016, Daniels literally took the ball and ran with it for 885 yards and nine touchdowns the rest of the season, plus another two TDs in the playoffs.

His first touchdown in his second start Aug. 28 was a 76-yard reception from quarterback Bo Levi Mitchell.

DaVaris Daniels THE CANADIAN PRESS FILE

"It took two injuries to get him on the field," Dickenson recalled Tuesday at Stampeder training camp.



DaVaris Daniels THE CANADIAN PRESS

"A pretty amazing story that he was the third guy at that position and to take it and run like he did was impressive."

Daniels' football career was stalled prior to signing with Calgary just over a year ago. He was passed over in the 2015 NFL draft after opting out of his final year of eligibility at Notre Dame.

Daniels got looks from the Minnesota Vikings and New England Patriots, but didn't gain a foothold with either team.

So 24-year-old from Vernon Hills, Ill., returns for his sophomore CFL season feeling a lot more confident about his place.

"This year I came in a lot more comfortable knowing my spot on the team, my role for this team," Daniels said. "I just want to come in and be the playmaker that I was in the last season."

He's added a few pounds of muscle onto his six-foot-one frame to be ready for extra attention from opposing backs.

Daniels says he worked out in the off-season with father Phillip, a 15-year NFL defensive back now on the Philadelphia Eagles coaching staff.

"I made a point to myself that in order to play all 18 games, I have to get my body right and endure all the hitting and all the things that come with that," Daniels said. "Felt like I had to get a little bit bigger, a little bit stronger to prepare myself for the season."

Good luck to defences trying to contain Daniels, says Stampeder teammate and mentor Marquay McDaniel.

"Teams are definitely going to be scheming for him," McDaniel said. "But he can run every route. He can run deep, but also run those intermediate routes.

"He can do everything. He's a big receiver. He's fast. He can run routes and he can break tackles. And he's smart. He blocks good too. There's not really much he can't do." THE CANADIAN PRES

GOLF

Police: No alcohol was in Woods' system

Police say Tiger Woods was asleep at the wheel but had no alcohol in his system when officers spotted his car stopped along a Florida road.

An affidavit released Tuesday said Woods was alone and wearing his seat belt when Jupiter Police officers in Florida found his Mercedes early Monday in the right lane. The car's engine was running and its lights were on.

The report says officers woke Woods, who had "extremely slow and slurred speech" and told them he took several prescriptions.

Tiger Woods GETTY IMAGES

According to the report, Woods asked how far he was from his Hobe Sound home. Officers said Woods was cooperative but failed a roadside sobriety test. Breath and urine tests showed no alcohol in his system. THE ASSOCIATED PRESS

IN BRIEF

Longball goes a long way in keeping Blue Jays hot

Kendrys Morales hit a go-ahead two-run homer in the eighth inning to power the Blue Jays to a 6-4 victory over the Cincinnati Reds on Tuesday at Rogers Centre.

It was one of four Toronto homers on the night. Josh Donaldson, Jose Bautista and Russell Martin all went deep in the Jays' four-run fourth.

Morales turned on a 1-0 pitch from Blake Wood (0-3) for his 10th home run of the season. Closer Roberto Osuna worked a 1-2-3 ninth inning. THE CANADIAN PRESS

Bouchard makes second round of French Open

Canada's Eugenie Bouchard is through to the second round of the French Open after posting a comeback 2-6, 6-3, 6-2 over Risa Ozaki on Tuesday.

Eugenie Bouchard THE ASSOCIATED PRESS

The semifinalist at Roland Garros in 2014, came back form a disastrous first set to take the next two. THE CANADIAN PRESS

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FINANCIAL

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If you have a claim against this estate, you must file your claim by June 30, 2017 with JONATHAN D. WARREN of WARREN BENSON AMANTEA LLP at 1413 – 2nd Street SW, Calgary, Alberta, T2R 0W7 and provide details of your claim.

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MAKE IT TONIGHT

Creamy Penne Pasta with Asparagus and Peas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The light and creamy sauce of this pasta plays perfectly against tender, juicy spring vegetables.

Ready in 20 minutes
Prep time: 5 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 500g penne
- 1 Tbsp olive oil
- 1 bunch of asparagus, ends snapped off and cut into thirds
- 2 cloves garlic, minced
- 1 shallot, diced
- 2 cups peas
- 1 cup crème fraîche
- 1/4 cup Parmesan cheese
- 1 Tbsp chopped chives

Directions

1. Preheat cast-iron pan over moderate heat. Add a tablespoon of olive oil and asparagus and cook until fork tender, about 8 minutes. Add garlic and shallots and cook until fragrant, about 1 minute.

2. Meanwhile, cook penne according to package directions, about 12 minutes. In the last minute of cooking time, drop peas into the water. Reserve ½ cup of cooking water. Drain pasta and peas.

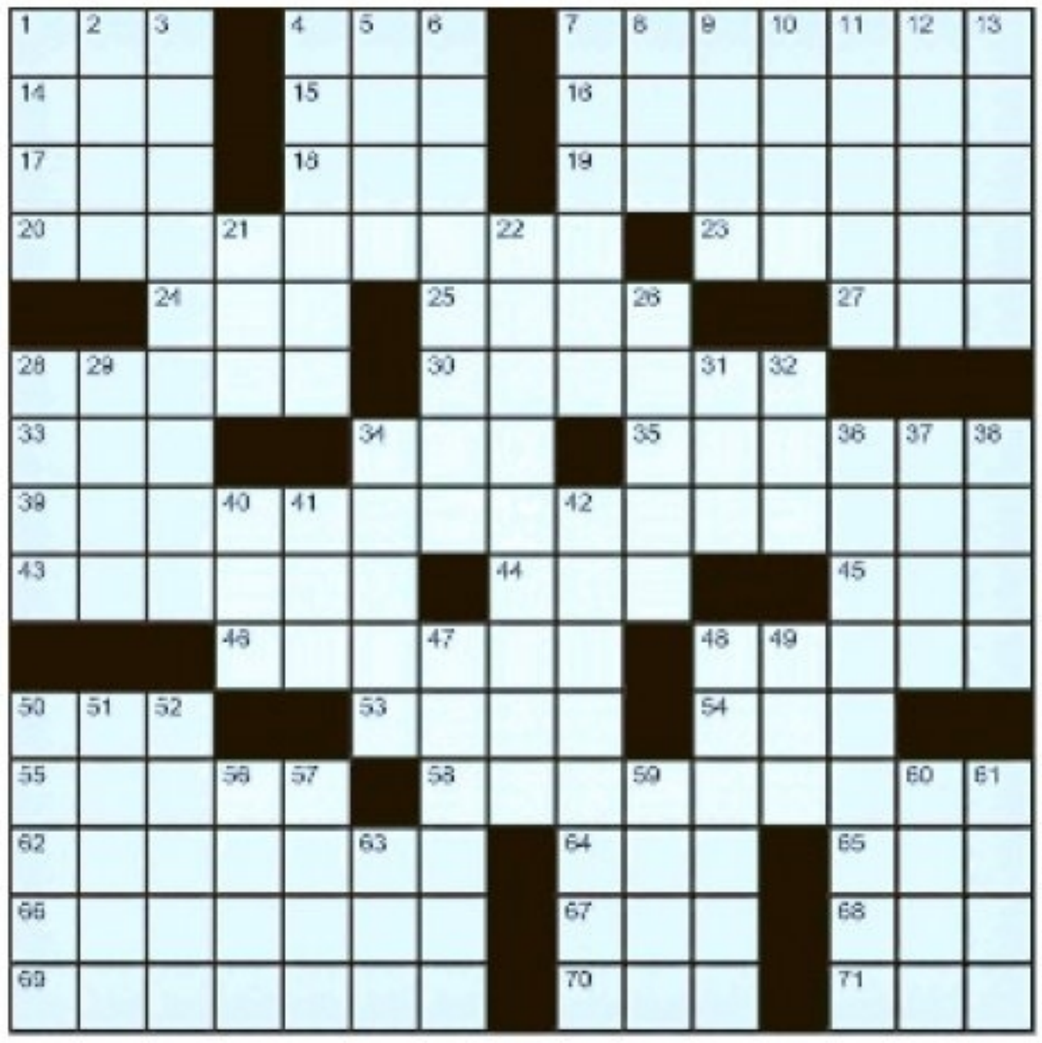
3. Add pasta and peas to skillet with asparagus and toss well. Add the creme fraiche and stir until pasta is coated. Add reserved water a tablespoon at a time to get desired consistency.

4. Sprinkle with Parmesan cheese and season with salt and pepper to taste. Sprinkle with chives and serve right away.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ballpark stat.
4. 'Equal'-meaning prefix
7. Numerous
14. Really long time
15. Queue pre-Q
16. At the ready, as a guard: 2 wds.
17. Rap star, Tone-__
18. Protrude
19. Disney movie race car Herbie the what?: 2 wds.
20. Tall topper, __ hat
23. Arcade game, Whac-_-__
24. Web
25. Hairdo
27. Inky implement
28. Charo's famous expression, when doubled
30. Light up, in verse
33. U2 song
34. Pronounce
35. Swanky neighbourhood of Winnipeg
39. 4th Prime Minister of Canada, from 1892 to 1894: 3 wds.
43. Hosp.'s to-the-patient connection: 2 wds.
44. Rt. __. (Upstanding title, for short)
45. Scand. land
46. "Buffy the Vampire __"
48. Bluegrass music sound
50. One Time link: 2 wds.
53. Nevada casino destination
54. "Watch it!"
55. "Throw __ from the Train" (1987)
58. Sans serif font style
62. Acupressure
64. '_'__ in Ottawa
65. Mr. Mineo
66. Above-to-below wartime attack: 2 wds.
67. Jetta ___ (Volkswagen model)
68. Sample
69. Ten Commandments elev.: 2 wds.
70. "Sure."
71. Union, in downtown Toronto, e.g.

DOWN
1. Photo album posers, e.g.
2. Throw out
3. Presently performing with the philharmonic: 2 wds.
4. Canadian singer/musician/producer whose credits include being a member of "I Cry" trio Bass is Base, Chin __
5. Minestrone __
6. Eyeglasses professional
7. Cirque du __
8. Roxy Music's Brian
9. "__-__-voom!"
10. Chemistry substance, briefly
11. "Hey! Ba-Ba-__-__" by Lionel Hampton and His Orchestra
12. As __ (Usually)
13. Mil. rank: 2 wds.
21. Truck or bus, e.g.
22. "__ Pam" by The Beatles
26. Sofa-turned-bed
28. Thus, in Milan
29. McGill, e.g.
31. Close-mouthed
32. __, date (Food label info)
34. Cut
36. Writers like Charles Lamb
37. Up opposite
38. Blood type: letter + abbr.
40. __ du jour = Juice of the day
41. Angle type, briefly
42. Timepiece art
47. 20th-century violinist Mr. Menuhin
48. Dissertation
49. Drenched
50. "I ___" (2001), Penn/Pfeiffer picture
51. "I've got ___ that ball!" (Two-strikes-down slugger's internal pep talk)
52. Mideast chieftains
56. "__-Mac" by Great Big Sea
57. Deadlocked, __ __ impasse
59. Farewell, to Catullus
60. Buggy
61. Kirk __, "Superman" (1948) star
63. "Chandelier" singer

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might see new ways of making money today. You also can see new uses or applications for something you already own. (Clever you!)

Taurus April 21 - May 21
Today your speech with others will be clear and direct. You know what you want, and you're willing to go after it. You also can deduce what is going on behind the scenes.

Gemini May 22 - June 21
Today you see the subtext of things, which means nobody can fool you. You will be able to spot a phony a mile away. It's also a good day for research.

Cancer June 22 - July 23
You might join forces with a friend ora member of a group to introduce reforms and improvements somewhere or somehow. Basically, you want to build a better mousetrap.

Leo July 24 - Aug. 23
Conversations with bosses and parents will be powerful, direct and productive. Basically, you want to improve things and you want their co-operation and support.

Virgo Aug. 24 - Sept. 23
Discussions about politics, religion, philosophy or racial issues will be deep and profound today. Nothing will be light and casual. Get ready.

Libra Sept. 24 - Oct. 23
You want to get to the bottom of things when it comes to inheritances or discussions about shared property today. You don't want glib answers. You want the facts

Scorpio Oct. 24 - Nov. 22
You might attract someone powerful today. This person might ask you penetrating questions. It's also possible that the opposite will occur

Sagittarius Nov. 23 - Dec. 21
Your main motivation at work today will be to see how to make improvements around you. You also might want to explain the details of how something works to someone.

Capricorn Dec. 22 - Jan. 20
Today you might have an opportunity to teach children something important. Meanwhile, romantic conversations will be direct, and perhaps blunt, and focus on ways to improve the relationship itself.

Aquarius Jan. 21 - Feb. 19
Family discussions are strong and powerful today. Basically, people are looking for ways to improve things, especially in their immediate surroundings.

Pisces
Feb. 20 - March 20
Today you have X-ray vision, which is why you practically can read the minds of others. During discussions, you will be persuasive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		2		3	7			
		9				4		
8	7				1		5	
						3		7
5				8				4
2		3						
	2		4				1	8
		1				7		
			3	1		9		

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